

Shamanic Eshu Ritual -Ushane

4 Peppermint candies- throw these in the intersection of road near destination where decision is being made.

Piece of paper under left foot (or right depending on situation) of who is the obstacle to person doing what they need to do for recovery.

Plate with 2 different kinds of beans

Rice

Book of new matches

Cigars

Layer these on plate.

Leave @ railroad crossing tracks or somewhere that is a crossroads.

Cleanse the offering by lighting the cigar with new matches and blow out of the lit end of cigar to all directions and onto offering

On altar take place photo of the person this ritual is for, one you love, happy.

Surround w/ pictures of activities and things (s)he loves- put some beautiful fruit on altar and 5 coins.

Envision person happy, tell them the burden (s)he carries is not hers/his. It is unresolved emotions, etc. of parents..... whatever.

See them free of this burden. Tell them it is time to be free- of the anger. It is not theirs.

Put flowers on altar, star of Anise. Pour honey over.

In a different place put a pic of perpetrator (one who you are carrying burden for) and when you walk by say ENOUGH! cut the cord- say wake up!

When you feel energy shift take the altar take contents to river and release.